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WAR FOOD ADMINISTRATION
Office of Distribution
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Methods Reported by Colleges to Reduce Food Waste

From 39 colleges cooperating with the War Food Administration in the study of amounts, kinds, and causes of food waste, have come the following methods which they severally use to reduce wastage. One institution reported 17 of these methods in operation, and 19 reported 5 or more. All together they form a convenient check-list of food-saving methods for food-serving institutions.

Preliminary reports from these colleges on the amount of waste indicate that kitchen and plate waste aggregate from 10 to 15 percent of all the food they buy. The reports also indicate that it is practical by stringent control measures to reduce this wastage substantially.

I. Planning

1. Use the same food only once with the same group. If left over use as a new food with a second group.
2. Take into consideration program activities such as periods of out-of-door sports.
3. Consider food likes and dislikes in planning menus.
4. Base meals on units of 100.
5. Figure on close margins for exact quantities needed.
6. Plan for a variety of menus.
7. Plan for variety in menus.
8. Eliminate or reduce second servings (except as requested) in your planning.
9. Use fixed menus.
10. Simplify menus.
11. Use standardized portions.
12. Plan for smaller portions where wastage has occurred.
13. Plan for a limited number of entrees.
14. Use attractive foods.
15. Plan for attractive food combinations.
16. Feature surplus foods and locally grown foods.
17. Prepare menus 2 weeks in advance for more effective planning.

Waste-checking Devices.

II. Buying

1. Buy meat in quantity and avoid trim waste.
2. Buy meat in small cuts to avoid loss in trimming.
3. Inspect deliveries for quality before acceptance.
4. Keep cost records.
5. Avoid apparent bargains in poor grades.
6. Buy perishables in limited quantities as close to the time of use as possible.

III. Storage, Including Refrigeration

1. Check refrigerators daily.
2. Keep old foods moved to front of refrigerators, new ones at back or bottom.
3. Keep bulk foods in closed containers.
4. Keep all containers off floor on raised platforms.
5. Mark containers clearly - sugar, salt, etc., - to avoid error.
6. Maintain correct temperatures for items stored.
7. Keep dairy products separate.
8. Keep refrigerator units clean, disinfected, and regularly defrosted.

IV. Preparation

1. Check seasoning carefully.
2. Cook vegetables in little water with no soda.
3. Prepare vegetables frequently, in small amounts.
4. Use apples and potatoes unpeeled when practical.
5. Oven-cook meats to conserve flavor and prevent shrinkage.
6. Use standardized recipes.
7. Cut butter 60 pats to pound instead of 48, or serve a butter substitute.
8. Eliminate butter plate in family-style service.
9. Cook vegetables quickly to retain vitamins.
10. Regulate cooking temperatures to prevent loss in weight and nutritive values.

V. Type of Service

1. Cafeteria meals move faster; save by standardizing amounts served.
2. Family-style meals give greater opportunity to regulate amounts wanted by the individual.

VI. Check of Plate Waste

1. To determine size of servings.
2. To discover likes and dislikes in kinds of food.
3. To find preferred methods of cooking.
4. To check faulty preparation such as scorching and poor seasoning.
5. To observe proportion of edible to inedible waste.

VII. Use of Left-Overs

1. Use promptly to avoid spoilage in refrigerator.
2. Use left-over meats in chili dishes, hash, with dry beans, in stews and croquettes.
3. Cook bones for soup base.
4. Clarify and re-use fats.
5. Use left-over fats for frying.
6. Use poultry fats as shortening in biscuits, meat pie crusts, dumplings and similar items to be served with poultry.
7. Remove membrane from fats - use fats for shortening.
8. Use left-over bread in dressing, puddings, meat loaves, croquettes, etc.

VII. Use of Left-Overs (Continued)

9. Use bits of fruit in gelatins, salads, and cocktails.
10. Boil fruit parings for juice for cocktails, punch, and pudding-sauce base.
11. Use juices from canned fruits in same way.
12. Use vegetables of all kinds in soup stock, vegetable hash, and in salads.
13. Add vegetable water to soups.
14. Combine small amounts of food in steam trays during serving periods.
15. Use left-overs in other meals.
16. Include use for left-overs in general planning.
17. Serve as a new dish to a different unit.
18. Give to underprivileged people.
19. Use in cafeteria-style breakfasts and luncheons.
20. Use dining-hall pastries in coffee shop.
21. Return left-overs promptly from dining hall to kitchen to avoid deterioration.

VIII. Check of garbage cans

1. To determine amount of waste.
2. To determine kind of waste.
3. To determine source of waste.

IX. Disposal of Garbage

1. Feed to hogs on school farm.
2. Sell to hog farmers.

X. Appeals to Students

1. Educate students to take only what they can eat.
2. Teach students to understand that food sent to garbage means less money available for food on table.
3. Begin each term with discussion of food problems.
4. Educate students with regard to production, distribution, and consumption of food.
5. Discuss the why and wherefore of food shortages and price increase at meetings of deans with students.
6. Discuss labor difficulties and show how students can help.
7. Use a questionnaire, in popular style, to find food preferences among students and encourage willingness to try new foods; to give information on nutritive values and reasons for food prejudices.
8. Discourage wasteful table customs.

XI. Training Employees

1. Train employees in economical use of materials and proper use of equipment.
2. Supervise employees very closely.
3. Gain the interest of kitchen helpers.
4. Instruct kitchen employees.
5. Use only trained cooks.
6. Issue food to employees in correct amounts.
7. Train new help in proper storage and handling of food.

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G A R B A G E

equals

EDIBLE FOOD WASTE

plus

INEDIBLE FOOD WASTE

Edible food waste is

any food that could once
have been eaten:

Dry, moldy, burned,
wilted, or spoiled foods
as well as "good" food
such as small amounts
of left-overs, beet and
turnip tops, apple and
potato parings, etc.

Inedible food waste is

refuse from any edible food.

This would include parts that
could not have been eaten at
any time, such as:

bones
gristle
coffee grounds
egg and nut shells
rinds from citrus fruits

Upon request to the Marketing Reports Division, Office of Distribution,
War Food Administration, Washington 25, D. C., the following additional publications
on food waste and its control are available without cost except as
indicated:

Food Conservation (in press)
Cut Food Waste and Help Shorten the War (in press)
Food Conservation Education for the Elementary School
Program (in press)
Food Conservation - A Cooperative Job for All
Teachers and Pupils
Speakers Handbook
Radio Scripts on Food Conservation
Why Feed the Insects?
Kitchen Intruders
Family Food Plans
Wartime Canning of Fruits and Vegetables
Meat for Thrifty Meals
Fight Food Waste in the Home - }
Get the Good From Your Food }
(series of 10 posters for 25 cents a set.
Send check or money order to the Superintendent
of Documents, Government Printing Office,
Washington 25, D. C.)